





2013 FITNESS CLASS SCHEDULE

Session 1, 2013	Jan. 2—Feb. 9	Session 4, 2013	May 6—June 15	Session 7	Sept. 9—Oct. 19
Session 2, 2013	Feb. 11—March 23	Session 5, 2013	June 17—July 27	Session 8	Oct. 21—Nov. 30
Session 3, 2013	March 25—May 4	Session 6, 2013	July 29—Sept. 7	Session 9	Dec. 2—Dec. 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 4:45 pm	Yoga 12:00pm	Yoga 6:00pm	Chair Yoga 12:15pm		
Cardio & Tone 6:00pm	Chair Yoga 1:15pm	Intermediate Yoga 7:15pm	Tai Chi (Beginner) 6 p.m.		
Zumba Basic/ Zumba Sentao 7:15—8:45 p.m.	Tai Chi (Intermediate) 6 p.m.		Step Aerobics 6 pm		
	Tai Chi (Advanced) 7 p.m.		Tai Chi (Advanced) 7 p.m.		
			Zumba 7:30pm		
					

Cardio & Toning

MON \$18 RES, \$24 NON-RES

Tai Chi

TUE 6 pm \$40 / 8 classes
TUE 7 pm \$40 / 8 classes
THUR 6 pm \$40 / 8 classes
THUR 7 pm \$40 / 8 classes

Yoga

TUES \$18 RES, \$24 NON-RES
WED 6pm \$18 RES, \$24 NON-RES
WED 7:15pm \$18 RES, \$24 NON-RES

Chair Yoga

TUES \$18 RES, \$24 NON-RES
THU \$18 RES, \$24 NON-RES

ZUMBA

MON \$18 RES, \$24 NON-RES
THU \$18 RES, \$24 NON-RES

ZUMBA Basic/Sentao (90 mins.)

MON \$27 RES, \$36 NON-RES
Day pass is \$7

Step Aerobics

THUR \$18 RES, \$24 NON-RES

Unless noted prices are for a 6-week session. Day passes \$5

Most classes meet for one hour



Greenwood Parks and Recreation, (317) 881-4545



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Greenwood Parks & Recreation

Your solution to life-long happiness, health and vitality

P.A.C.E.– Parent And Child Exercise! P.A.C.E. provides a one-hour total workout for parents and babies...together! This class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool down, mat exercises and stretching along with fun songs and fun for baby! Please bring a stroller not prone to tipping. Child must remain seated and buckled in the stroller throughout the workout until the final 15 minutes for safety reasons.

Step Aerobics – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

Cardio & Toning – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

ZUMBA– Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba.

Yoga– in this class you will learn concentration, awareness, relaxation and meditation for your whole body. Through proper breathing and relaxing stretches we will properly align your body and mind, leaving you feeling revitalized.

Intermediate Yoga– A more challenging yoga practice that focuses on poses that strengthen and condition the body and builds on the foundation of other fundamentals taught in other classes. Appropriate for the intermediate and advanced yoga student.

Chair Yoga– Experience the benefits of yoga with seated poses and poses using the assistance of a chair. Perfect for those who want a gentle, relaxing yoga experience.

Turbo Kick– Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. The workout that feels like a party has finally arrived!

Cycling – This is a great non-impact class for weight loss and overall endurance and health. In this class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages .

You Have Nothing to Lose... But Weight!

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. **Walk-up fee is \$5.**
- Students are not encouraged to register for a session after the second week of a new session in Yoga unless you have prior experience.
- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.
- Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.
- If student is under the age of 18, he/she must be at least 15 and accompanied by an adult.
- Refund Policy: you will only receive a refund if you request the refund before the session you are signed up for finishes.
- Evening cycling classes are one hour. Morning cycling classes are 45 minutes long, all other classes are 1 hour long.
- Tai Chi classes are a separate program with a different schedule and pricing.

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